STRONG SWIMMERS
CONFIDENT KIDS
Summer Swim Lessons
MetroWest YMCA
2019
ADD LEARNING TO SWIM TO YOUR CHILD'S LIST OF BASIC LIFE SKILLS.

Every day, children are learning to swim at the MetroWest YMCA.

In Y swim programs, participants can enjoy water sports, enhance or learn new techniques, meet new friends and develop confidence, while also learning fundamental water safety skills that can save lives.

All ages benefit from our swim lessons – from young children learning their first stroke to adults improving their overall body strength. With our wide selection of classes this summer, you are sure to find one that fits your child’s needs and your schedule.

YMCA Swim lessons have a progressive structure. Lessons are divided into three stages, Swim Starters, Swim Basics and Swim Strokes. Use the chart below to find your swim lesson level. To assist you, the “Stages of Learning” are online at our website at metrowestymca.org/learntoswim

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–3 years
PARENT* & CHILD:
STAGES A–B

3 years–5 years
PRESCHOOL:
STAGES 1–4

5 years–12 years
SCHOOL AGE:
STAGES 1–6

12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

Can the student respond to verbal cues and jump on land? NO

Is the student comfortable working with an instructor without a parent in the water? YES

Will the student go underwater voluntarily? YES

Can the student do a front and back float on his or her own? YES

Can the student swim 10–15 yards on his or her front and back? YES

Can the student swim 15 yards of front and back crawl? YES

Can the student swim front crawl, back crawl, and breaststroke across the pool? YES

Can the student swim front crawl, back crawl, breaststroke & butterfly across the pool and back? YES

Registration is going on now!

YMCA MEMBERS
REGISTER ONLINE

NON MEMBERS
REGISTER IN PERSON
THE METROWEST YMCA OFFERS SWIM LESSONS AT 2 LOCATIONS:

Clearbrook Family Swim Club (PAGE 4 & 5)
120 Parker Road, Framingham MA 01702
508-405-0350
Swim lessons are held during the week and on the weekends. Clearbrook is also a members only club, an additional membership is required for access to the pool during Swim Club hours.
Swim Club includes:
• Outdoor Swimming Pool
• Splash Pad
• Snack Bar
• Shower and changing stalls
• Playground for Children
• Ping Pong Tables, Lawn Games & Tennis Courts
• Lounge chairs available

Family Outdoor Center (PAGE 6)
45 East Street, Hopkinton, MA 01748
508-435-9345
Swim lessons are held during the week and on the weekends. The Outdoor Center Pool is included in your FULL FAMILY membership (must have a FAMILY level membership to access this pool). Separate Hopkinton only pool memberships area available.
• Two Swimming Pools
• Swim lessons *
• Picnic Area with Tables
• Play Area for Children
• Basketball & Tennis Courts
• Ball Fields
• Hiking Trails
• Plenty of Parking
• Family Fun Nights
* additional cost
# MetroWest YMCA Clearbrook Swim Lessons

## Morning Lessons

### 2 Week Sessions

All classes are held Monday through Thursday, Rain Day is Friday. For a two-week session - total of 8 lessons. Classes: $81 family members/$85 youth members / $170 non-members.

<table>
<thead>
<tr>
<th>Session 1 - June 24 - July 5 (No July 4)</th>
<th>Session 1 price is prorated (7 lessons, not 8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$71 family members / $75 youth members / $150 non-members</td>
<td></td>
</tr>
<tr>
<td>Pre School 1 9:00 - 9:30 am  9606</td>
<td>Pre School 1 5:05 - 5:35 pm  9658</td>
</tr>
<tr>
<td>Pre School 1 9:30 - 10:00 am  9607</td>
<td>Pre School 2 5:05 - 5:35 pm  9659</td>
</tr>
<tr>
<td>Pre School 2 9:00 - 9:30 am  9608</td>
<td>School Age 1 5:40 - 6:10 pm  9660</td>
</tr>
<tr>
<td>Pre School 2 9:30 - 10:00 am  9609</td>
<td>School Age 3 5:40 - 6:10 pm  9661</td>
</tr>
<tr>
<td>Pre School 3 &amp; 4 9:30 - 10:00 am  9611</td>
<td>School Age 4 6:15 - 6:55 pm  9662</td>
</tr>
<tr>
<td>School Age 1 9:00 - 9:30 am  9612</td>
<td>Adult A 6:15 - 6:55 pm  9664</td>
</tr>
<tr>
<td>School Age 2 9:30 - 10:00 am  9614</td>
<td></td>
</tr>
<tr>
<td>School Age 3 9:00 - 9:30 am  9615</td>
<td></td>
</tr>
<tr>
<td>School Age 4 9:00 - 9:30 am  9618</td>
<td></td>
</tr>
<tr>
<td>School Age 5 &amp; 6 9:30 - 10:00 am  9620</td>
<td></td>
</tr>
</tbody>
</table>

| Session 2 - July 8-18 | | |
|----------------------|----------------------|
| Pre School 1 9:00 - 9:30 am  9622 | Pre School 1 5:40 - 6:10 pm  9665  |
| Pre School 1 9:30 - 10:00 am  9623 | Pre School 2 5:05 - 5:35 pm  9666  |
| Pre School 2 9:00 - 9:30 am  9625 | School Age 2 5:40 - 6:10 pm  9667  |
| Pre School 2 9:30 - 10:00 am  9626 | School Age 3 5:05 - 5:35 pm  9668  |
| Pre School 3 9:30 - 10:00 am  9628 | School Age 5 & 6 6:15 - 6:55 pm  9669  |
| School Age 1 9:30 - 10:00 am  9629 | Adult A 6:15 - 6:55 pm  9695  |
| School Age 2 9:00 - 9:30 am  9631 |                           |
| School Age 3 9:30 - 10:00 am  9632 |                           |
| School Age 4 9:30 - 10:00 am  9633 |                           |
| School Age 5 & 6 9:00 - 9:30 am  9635 |                           |

| Session 3 - July 22-August 1 | | |
|-------------------------------|---------------------------------------------|
| Pre School 1 9:00 - 9:30 am  9636 |                           |
| Pre School 1 9:30 - 10:00 am  9637 |                           |
| Pre School 2 9:00 - 9:30 am  9638 |                           |
| Pre School 2 9:30 - 10:00 am  9639 |                           |
| Pre School 3 9:00 - 10:00 am  9641 |                           |
| Pre School 4 9:30 - 10:00 am  9642 |                           |
| School Age 1 9:00 - 9:30 am  9644 |                           |
| School Age 2 9:30 - 10:00 am  9645 |                           |
| School Age 3 9:00 - 9:30 am  9646 |                           |
| School Age 5 & 6 9:30 - 10:00 am  9647 |                           |

| Session 4 - August 5-August 15 | | |
|--------------------------------|---------------------------------------------|
| Pre School 1 9:00 - 9:30 am  9649 |                           |
| Pre School 1 9:30 - 10:00 am  9650 |                           |
| Pre School 2 9:00 - 9:30 am  9651 |                           |
| Pre School 2 9:30 - 10:00 am  9652 |                           |
| Pre School 3 9:30 - 10:00 am  9653 |                           |
| School Age 1 9:00 - 9:30 am  9655 |                           |
| School Age 2 9:30 - 10:00 am  9656 |                           |
| School Age 3 9:00 - 9:30 am  9712 |                           |
| School Age 4 9:30 - 10:00 am  9713 |                           |
| School Age 5 & 6 9:00 - 9:30 am  9714 |                           |
Summer swim lessons listed on pages 4 & 5 will be held at
Clearbrook Family Swim Club,
120 Parker Road, Framingham MA 01702. Locker rooms are available,
however arriving in your bathing suit and ready for lessons

SWIM LESSONS

TWICE A WEEK FOR 4 WEEKS
TOTAL OF 8 LESSONS
$81 family members/$85 youth members /
$170 non-members

MON/WED June 24-July 17
Parent & Child A 11:45am - 12:15pm 9613
Parent & Child B 12:15 - 12:45pm 9617
Pre School 1 11:45am-12:15pm 9621
Pre School 2 12:15 - 12:45pm 9627
Pre School 3 11:45am-12:15pm 9630
Pre School 4 12:15 - 12:45pm 9634
School Age 2 11:45am - 12:15pm 9640
School Age 3 12:15 - 12:45pm 9643

TUES/THURS June 25-July 18
Parent & Child A 11:45am - 12:15pm 9648
Parent & Child B 12:15 - 12:45pm 9654
Pre School 1 11:45am - 12:15pm 9657
Pre School 2 11:45am - 12:15pm 9681
Pre School 4 12:15 - 12:45pm 9682
School Age 1 12:15 - 12:45pm 9684
School Age 2 11:45am - 12:15pm 9685
School Age 3 11:45am - 12:15pm 9686
School Age 4 12:15 - 12:45pm 9687

MON/WED July 22-August 14
Parent & Child 11:45am - 12:15pm
Parent & Child 12:15 - 12:45pm
Pre School 1 11:45am - 12:15pm 9688
Pre School 2 11:45am - 12:15pm 9689
Pre School 4 11:45am - 12:15pm 9690
School Age 2 11:45am - 12:15pm 9691
School Age 3 12:15 - 12:45pm 9692
School Age 4 12:15 - 12:45pm 9699

TUES/THURS July 23-August 15
Parent & Child A 11:45am - 12:15pm 9700
Parent & Child B 12:15 - 12:45pm 9702
Pre School 1 11:45am - 12:15pm 9703
Pre School 2 12:15 - 12:45pm 9704
Pre School 4 12:15 - 12:45pm 9706
School Age 1 11:45am - 12:15pm 9707
School Age 2 11:45am - 12:15pm 9708
School Age 3 11:45am - 12:15pm 9710
School Age 4 12:15 - 12:45pm 9711
School Age 5 & 6 12:15 - 12:45pm 9715
The YMCA has a new progressive swim lesson structure. Learn more about each level and review Stages of Learning online. Parent and Child (PC) - 6mo to 3 years, Preschool (PS) - 3 to 5 years, School Age (SA) - 6 to 11 years.

**2 WEEK LESSONS, MEETS 4 DAYS A WEEK**
All classes are held Monday through Thursday for a Four-week lesson, Total of 8 Lessons (Sessions are listed as S1, S2, S3, or S4 online)

**SESSION 1 - 6/24 to 7/3 (no July 4th)**
- PS Level 1+2... 4:30-5:00pm... 9490
- PS Level 3+4... 4:30-5:00pm... 9491
- SA Level 1+2... 4:30-5:00pm... 9492
- SA Level 3+4... 4:30-5:00pm... 9493

**SESSION 2 - 7/8 to 7/18**
- PS Level 1+2... 4:30-5:00pm... 9494
- PS Level 3+4... 4:30-5:00pm... 9495
- SA Level 1+2... 4:30-5:00pm... 9596
- SA Level 3+4... 4:30-5:00pm... 9497

**SESSION 3 - 7/22 to 8/1**
- PS Level 1+2... 4:30-5:00pm... 9497
- PS Level 3+4... 4:30-5:00pm... 9498
- SA Level 1+2... 4:30-5:00pm... 9499
- SA Level 3+4... 4:30-5:00pm... 9500

**SESSION 4 - 8/5 to 8/15**
- PS Level 1+2... 4:30-5:00pm... 9501
- PS Level 3+4... 4:30-5:00pm... 9502
- SA Level 1+2... 4:30-5:00pm... 9503
- SA Level 3+4... 4:30-5:00pm... 9504

**4 WEEK LESSONS, MEETS 2 DAYS A WEEK**
Classes are either Mon + Wed or Tues + Thurs
Four-week lesson, Total of 8 Lessons (Sessions are listed as A or B online, then check days)

**SESSION A - 6/24 to 7/18**
(no July 4th)
- **MON + WED**
  - PS Level 1+2... 5:00-5:30pm... 9515
  - PS Level 3+4... 5:00-5:30pm... 9516
  - SA Level 1+2... 5:30-6:00pm... 9517
  - SA Level 3+4... 5:30-6:00pm... 9518

**SESSION B - 7/22 to 8/15**
- **MON + WED**
  - PS Level 1+2... 5:00-5:30pm... 9531
  - PS Level 3+4... 5:00-5:30pm... 9532
  - SA Level 1+2... 5:30-6:00pm... 9533
  - SA Level 3+4... 5:30-6:00pm... 9534

**TUES + THURS**
- PS Level 1+2... 5:00-5:30pm... 9523
- PS Level 3+4... 5:00-5:30pm... 9524
- SA Level 1+2... 5:30-6:00pm... 9525
- SA Level 3+4... 5:30-6:00pm... 9526

**SESSION A - 6/25 to 7/19**
All classes are held every Saturday Eight-week lesson, Total of 8 Lessons (Session listed as SAT or ST online)

6/29 to 8/17 (no July 4th)
- Parent/Child B... 10:00-10:30am... 9505
- Parent/Child B... 10:00-10:30am... 9506
- Parent/Child B... 10:30-11:00am... 9507
- Parent/Child B... 10:30-11:00am... 9508
- Parent/Child B... 11:00-11:30am... 9509
- Parent/Child B... 11:00-11:30am... 9510
- SA Level 1+2... 12:00-12:30pm... 9511
- SA Level 3+4... 12:00-12:30pm... 9512
- PS Level 3+4... 12:30-1:00pm... 9513
- SA Level 5... 12:30-1:00pm... 9514

**SESSION A - 6/26 to 7/19**
Parent/Child B... 11:00-11:30am... 9590
Preschool 1+2... 11:00-11:30am... 9591
Preschool 1+2... 11:30-12:00pm... 9592
Preschool 3+4... 11:30-12:00pm... 9593
School Age 1+2... 12:00-12:30pm... 9594
School Age 3+4... 12:00-12:30pm... 9595
School Age 1+2... 12:30-1:00pm... 9596
Parent/Child A... 12:30-1:00pm... 9597

**SESSION B - 7/23 to 8/16**
Parent/Child B... 11:00-11:30am... 9598
Preschool 1+2... 11:00-11:30am... 9599
Preschool 1+2... 11:30-12:00pm... 9600
Preschool 3+4... 11:30-12:00pm... 9601
School Age 1+2... 12:00-12:30pm... 9602
School Age 3+4... 12:00-12:30pm... 9603
School Age 1+2... 12:30-1:00pm... 9604
Parent/Child A... 12:30-1:00pm... 9605
PRIVATE & SEMI-PRIVATE SWIM LESSONS

By request for those that are mutually deemed to be a better fit in private lessons. Developmentally and socially we find group lessons to actually be the best fit for swimmers. New swimmers benefit most from group lessons as they have the opportunity to watch other children, have quick rests in between skill demonstrations, and have greater concentration on skill development.

Please use our online form to request private lessons or type in: www.metrowestymca.org/PVT-Hopkinton

Private Lessons: $80/ 110 per 3x30min / student
Semi-Private Lessons: $64/ 100 per 3x30min / student

OUTDOOR CENTER SWIM CLUB
45 East Street, Hopkinton MA 01748
508-435-9345

OUTDOOR CENTER SWIM CLUB AMENITIES
• Two Swimming Pools
• Swim lessons *
• Picnic Area with Tables
• Play Area for Children
• Basketball & Tennis Courts
• Ball Fields
• Hiking Trails
• Plenty of Parking
• Family Fun Nights
* additional cost

WHAT’S INCLUDED IN YOUR MEMBERSHIP?
• 5 Guest passes to use as you wish
• Family Membership includes: 2 adults and any number of children under age 24 living in the same household

SUMMER SEASON
June 16-September 3
Weekend pool hours: 10am-7pm
Weekday pool hours: 3:30-7pm

RATES & REGISTER ONLINE
$372 year long membership to the Family Outdoor Center.
If you have a full family membership to the MetroWest YMCA, the Family Outdoor Center pool is included in your membership.

STINGRAY SUMMER SWIM TEAM
Hopkinton’s Stingrays Summer Swim Team is a recreation-based, fun-first swim team. Typically, our swim team is comprised of swimmers who are new to the sport of competitive swimming and just getting their feet wet! Practice is Tues/Thurs from 6-8pm and Saturdays from 8-10am. The team is split by ages to one-hour practice times within each of those two-hour practice windows.
Family $230 / Youth $240 / Non-Members $335

Registration is now open! - Visit our team’s page online at metrowestymca.org/summerswimteam
Class ID# 9415
ADD LEARNING HOW TO SWIM TO YOUR CHILD’S LIST OF BASIC LIFE SKILLS.

METROWESTYMCA.ORG/LEARNTOSWIM